

Better Choices Better Health®

Chronic Disease Self-Management Workshops

Upcoming Workshops Edmonton Zone

These free workshops consist of six 2 ½ hour sessions for those who have a chronic condition(s). Participants will increase their confidence and learn new skills to better manage their health condition(s) in order to enjoy a better quality of life. Support persons are also welcome to attend.

Workshop Type	Location	Dates	Days & Times
Chronic Pain	Glenrose Rehabilitation Hospital 10230 111 Ave	November 6, 20, 27 December 4, 11 & 18	Monday 9:30 – 12:00 pm
Chronic Pain	Edmonton Public Library - Whitemud Crossing Branch 4211 106 St NW	November 8, 15, 22, 29 December 6 & 13	Wednesday 6:00 – 8:30 pm
Chronic Pain	Edmonton Public Library - Lois Hole Branch 17650 - 69 Ave	November 9, 16, 23, 30 December 7 & 14	Thursday 1:30 – 4:00 pm
Chronic Pain	Edmonton Public Library - Woodcroft Branch (Westmount) 13420 114 Ave NW	November 14, 21, 28 December 5, 12 & 19	Tuesday 6:00 – 8:30 pm
Chronic Pain	Sherwood Park Primary Care Network 150 Broadway Crescent Suite 108	January 8, 15, 22, 29 February 5 & 12	Monday 9:30 – 12:00 pm
Chronic Pain	WestView Health Centre 4405 South Park Drive	January 8, 15, 22, 29 February 5 & 12	Monday 6:00 – 8:30 pm

For more information about Better Choices, Better Health® or to register for a workshop in Edmonton and Area call: 780-401-BOOK (2665)